



EMERGENCY SUPPLY KIT FOR THE CAR

What happens if your car slides off the highway during a **blizzard** and you're 40 miles from town? Imagine that you're driving home from work when a **major earthquake** strikes and you have to abandon your car! Or, perhaps, on a **scorching hot day** you find yourself stranded on the Interstate because of an accident a mile up the road. To be better prepared for these types of situations, it is recommended that you keep emergency supplies (such as a 72-hour kit) in your car in addition to traditional items such as a towrope and ice scraper.

Suggested Items for An Emergency Supply Kit in Your Car

First and foremost, include items that will help you to stay warm or cool, depending upon the weather. Water is an essential for avoiding dehydration---winter or summer. Store items in a backpack or other container that could be easily carried if you have to abandon your vehicle. Twice a year, check contents and rotate supplies as needed. Temperatures inside a car can get extremely cold or hot, so follow storage instructions found on the items you put in your kit. *This is especially important for medications.*

Blankets/Sleeping Bags---for warmth or shade (Mylar blankets are good for this purpose)

Bottled water, Mylar water pouches/water filters---do not fill bottles more than 3/4th full

Food/Snacks---for energy and nourishment (energy bars, Meals Ready to Eat)

Walking Shoes---in case you have to walk home

Medications

First aid/medical supply kit---don't forget to include a few large dressings and bandages

Whistle---to attract attention

Street/Highway map---to located alternate routes

Flashlight w/ extra batteries, windup flashlight, or chemical light sticks

Portable AM/FM radio or Weather Radio, and extra batteries, or windup radio---to get news and instructions

Dust masks---to minimize inhalation of dust and smoke

Games, cards, and puzzles---for entertainment

25' of rope or twine

Leather gloves

Utility knife or pocketknife

One-gallon plastic bags

Three cans, nested---#10 can for a potty; smaller cans in which to heat water or melt snow (these won't fit inside a backpack, of course)

Suggested "Tool Kit" Items

Jumper cables

Screwdriver

Small shovel

Duct Tape

Cat litter or sand

Ice scraper

Towrope

Fire extinguisher

Tire sealant and inflator

Utility knife

9" X 36" red distress flag

Reflective triangle(s) or warning lights

Antifreeze/windshield washer fluid

Electrical wire tape

Gas line deicer

Never let the gas gauge get below the one-half mark

Find more information online at <http://bereadyutah.gov>